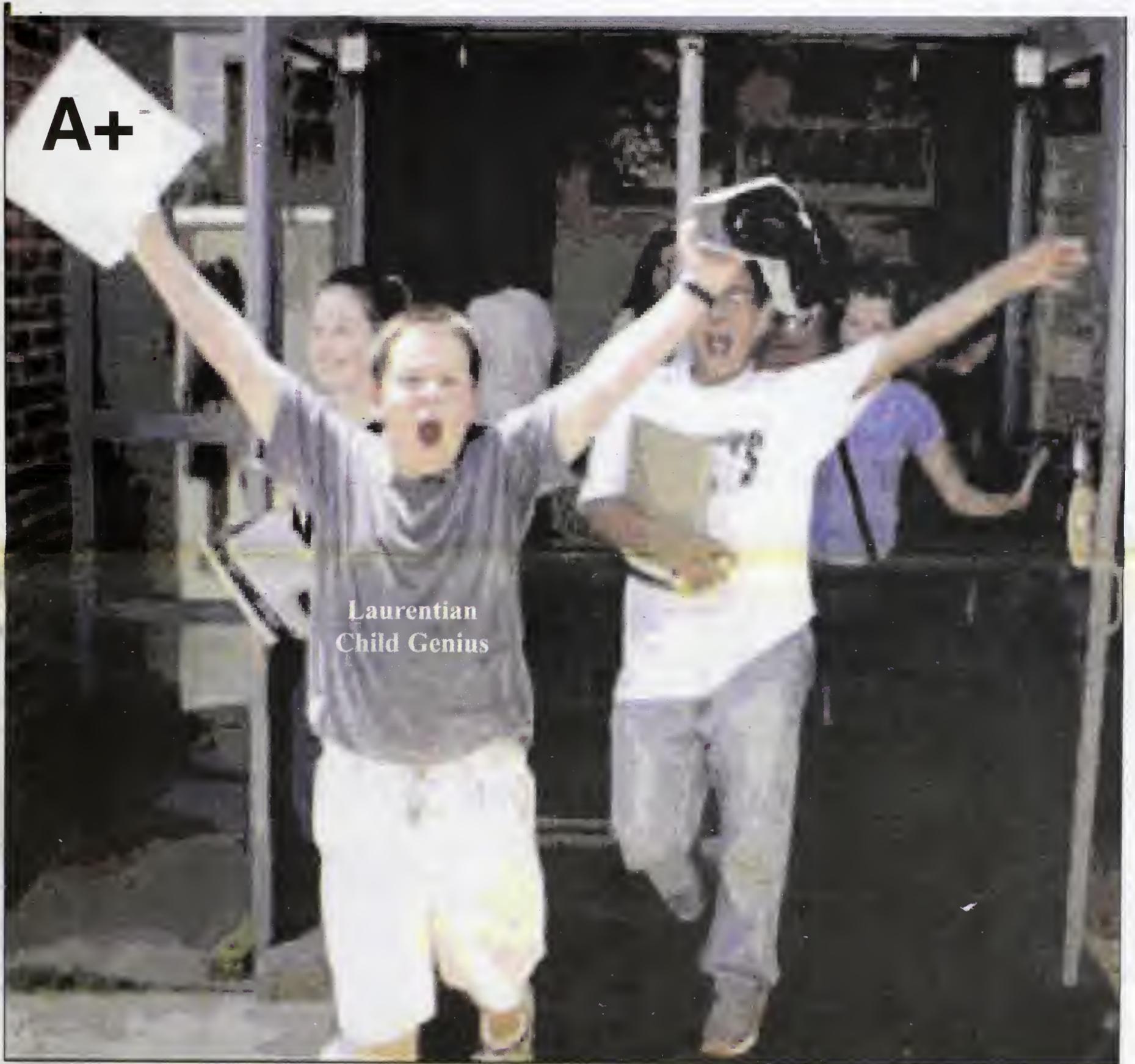


# LAMBDA

Vol. 47 No. 15 - The Official English Student Newspaper of Laurentian University Since 1961 - April 9th 2009

## *Schools Out For Summer*



## *See you in September!*

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Theatre Lovers Can Still Get Their Fix

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Science of Stress

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Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by the proper authorities.



**Jason Miller**  
Editor-in-Chief  
2008/2009

Hello Laurentian and welcome to the final edition of LAMBDA for the 2008-09 publication year. I would like to thank all dedicated volunteers and staff for their support and submissions, as LAMBDA would not have been possible without these people. There is always a hard struggle to get volunteer writers for the newspaper, and for the people who submitted articles your participation is always appreciated. This being said, next year we are looking for more volunteers for LAMBDA society. We encourage everyone to get active and write articles for the Laurentian community. Not only will submitting articles get your name in the paper, but also it's a great way to add extra credentials to your resume.

Enough about next year though... this one is not yet over. I would like to wish everyone the best of luck on their exams. We all know they come twice a year, but are somehow shocked when they actually creep up. Even with all the warning and class preparations for finals, I still always find myself feeling unprepared. However, this year is different. No, not because I am prepared, but rather that I am not going to

stress about them. Instead I am just going to enjoy the thought of summer vacation.

'Summer' vacation seems to be no more than just a thought though. Around campus I hear people constantly complaining, and rightfully so, about how Mother Nature is playing tricks. Just when we think the snow is gone for another year it comes storming back into our lives. Why can we not escape the burdens of winter? Maybe if we put up with this bad weather we can experience an amazing summer. Here is to thinking the glass is half full. I remember last year we were able to study outside, or at least calling it studying.

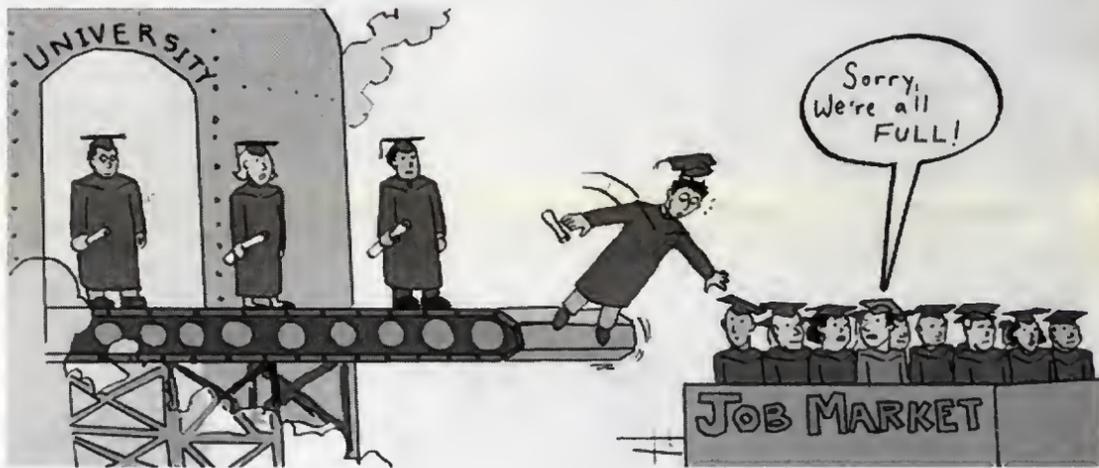
To go with the horrible weather, the only other two things I am waiting on are for the Internet and webmail to fail during the exam period. Not that this has happened yet, but Laurentian technologies somehow always seem to fail at times when we need them

most. Let's hope I did not just jinx that. Overall I would like to wish the best for everyone on exams and to the graduating students, the best of luck in the real world. This post secondary rollercoaster is over and it's time to step into your big person pants. I wish you the best in your future endeavors.

This year has been quick and exciting. What makes university enjoyable is what you make of it. I'm sure everybody can look back on their year and pick out things that should have been done differently, but what is important is that you have learned from your mistakes. At the start of the year my goals were to try and get students to live up to their full potential by getting them involved in extracurricular activities and doing things that they never before had the chance to do. A little motivation or push can get you on the right track, and hopefully by reading LAMBDA you got the

drive to become active members of the Laurentian community. There is so much available to students; you can find a club for almost anything and if there is not a club for it you can create it. I could keep on talking about the many different options we have available to us as students, but this would take up far too much room. Instead I hope that returning students will get even more involved with extra curricular activities. Even on a small scale it helps Laurentian in a big way.

Lastly, I would like to thank everyone for reading LAMBDA this year. At times the question of whether anyone actually read the paper would cross my mind, but after receiving so much feedback I became confident that the time I was spending on the paper was not a waste. Thanks again Voyageurs, and we will see you in September. Until Next Year, Jason Miller



## LAMBDA is now online!

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Joe Zamojski  
Assistant Editor  
2008/09

## It is almost Time.....Summer Vacation!

Yet another school year is coming to an end at Laurentian University. I would like to say goodbye and good luck for all of the students who are planning on graduating and moving on with their lives. The same wishes go to the staff or faculty members who have left their mark at Laurentian, and will no longer be coming back for another year. With the end of one period comes the beginning of another. However, there are still several exams to write and papers to be marked for many of us before we can call it a year. On a personal note, there is still one more thing I am waiting on before summer vacation is here, and

that is for no more snowfall warnings.

For those of you who have some time this summer outside of your job I recommend taking one or two courses through envision or continuing education. This allows for a lighter schedule once September comes around. It also allows more time for either studying or internships. There are several options and courses to take that might fit in with your program. If you are interested in this you must act quickly since there is not much more time to register. For more information visit the Centre for Continuing Education page on the Laurentian website.

Now, let me address an issue which is becoming even

more of a concern every year during the summer; smog. Smog is a dangerous air pollution which takes full effect in the hot summer months. While it is even more common in larger urban cities, smog still has to be a concern in rural areas. This is due to winds pushing and shifting the pollution from one area to another. It is even more dangerous for people with asthma and the elderly. Environment Canada has found that human beings are a major contributor to the increasing smog levels. Burning coal, oil, gas and wood are major causes of pollution. While industries and machines are improving or at least starting to become more environmentally friendly, there are several

things we can do on an individual level to help reduce these levels of pollution. Like anything else, my recommendation would be to use moderation. Since we use so many things in our lives that cause pollution, it is hard to eliminate these products or activities, but we can use them in moderation. Instead of having your air conditioner running on cool summer nights, try opening the windows in your home. Car pooling has been a method used for many years but how many of us actually do that? Another thing that is good for the environment and our health is biking or walking. In the summer months these methods of transportation are a good option to consider. Every lit-

tle thing helps in protecting our future and the environment. After all, it is the younger population, like university students, who are going to have to live with the problems of the future.

On a lighter note, I hope everyone has a great summer vacation. Whether your time is taken up by work, traveling, or more school, take a moment to smile and enjoy the warm, sunny months of summer. Hopefully you can bring those smiles and amazing experiences back to Laurentian, so that we can have another successful and even better year in 2009/2010. Good luck on exams and thank you for a great year.

Joe Zamojski  
Assistant Editor

## Pesky Mosquitoes with Bite

As you already know, summer is just around the corner. This is very exciting and the time of year many people look forward to. Camping, bike riding, swimming, long days at the beach, etc. are all activities performed during summer vacation. There are many health risks talked about, dealing with the sun and its UV rays. However, something that many people don't think about is the insects that come out at this time of year, and the possibility of severe health hazards from their bites. The most common insect bite in the summer and surrounding months is by the mosquito. In North America, the mosquito bite is not given much thought, as they have never been seen as serious until more recently. Mosquitoes are known in the last few years to be readily carrying a serious virus, known as West Nile Virus. This virus should be taken seriously and infected individuals should receive medical attention.

The Government of Canada raises awareness of the virus for the protection and safety of our community. Health Canada states that, West Nile Virus can be spread in several different ways, but the most common way is through an infected

mosquito bite. The virus originates from birds that have been infected with the virus, which in turn transmits the infection to the mosquito when the mosquito bites the bird. Being in an area where mosquitoes are infected puts people of that region at risk for contracting this virus. Most people who get infected do not show symptoms, and do not get sick. Some of the time this virus can cause mild symptoms such as, fever, headaches, and overall body aches. These are known to be related to flu-like symptoms. Also, other known mild symptoms are, a mild rash and/or swollen lymph glands. However, this is the usual reaction, but not always the case. There have been some cases of the virus which have resulted in very severe or deadly reactions. Individuals with weaker immune systems are known to have a worse reaction, than the average person. The virus can put these people at risk for more serious health concerns and complications. Some of the more common conditions are encephalitis and meningitis. Encephalitis is known to be inflammation of the brain. Meningitis is known as inflammation of the lining around the brain or spinal cord. These are very serious health conditions that have multiple symptoms as a

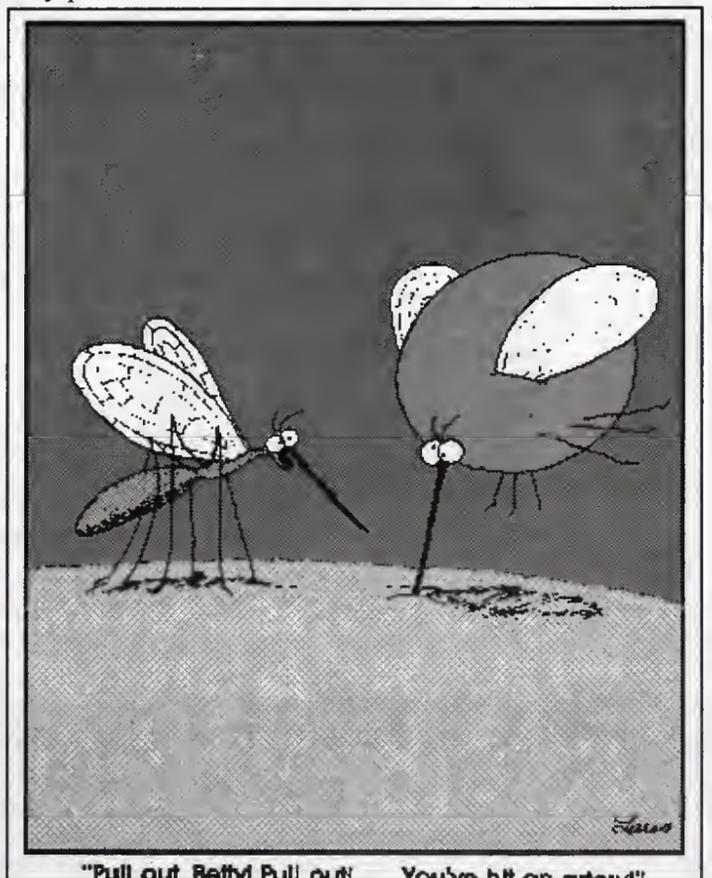
result. Some of these more severe symptoms are known as; severe headaches, high fever, vomiting, loss of consciousness, muscle weakness or even paralysis. This is when the virus becomes serious. However, you never know how serious the virus will become so proper precautionary methods should be taken during these months of possible infection.

The chance of being bitten by a mosquito with this virus is fairly small in our region of residence. However, this does not discount that we should still take this chance of infection seriously, and do whatever we can to protect ourselves. During these months individuals should limit their time spent outside at dawn and dusk hours. This is the time when mosquitoes are most active and witnessed. When in areas of high forestry or bush, people should wear long clothing of light colours, and also a hat. This will minimize the bites and the attraction of the mosquitoes. Throughout the summer and surrounding months people should make it a habit of wearing insect repellent, just as we do with sunscreen. In our homes, to minimize the entry of bugs and mosquitoes, the windows should consist of tightly fit screens, and also the doors in the

household should stay closed as much as possible. There are other measures that can be taken to minimize the amount of mosquitoes around your house. Keep areas of still water to a minimum, because this is where a mosquito breeds and therefore reproduce. Some examples of water holding areas are; bird baths, flower pots, pet bowls, pool covers, etc. Using these suggestions will minimize the risk of becoming infected with the West Nile Virus.

West Nile Virus usually presents with little or no

symptoms. However, this does not mean we shouldn't take it seriously. The summer months are the prime time for receiving mosquito bites. Knowing the symptoms and also preventative measures will give people awareness of what to look for and also how to try and prevent this virus from becoming present. Keep this in the back of your mind, while you are enjoying yourself this summer vacation. Protect yourself from contracting the West Nile Virus.



# An Optimist Sees The Opportunity In Every Difficulty

**Robert Kirwan**

Host of The Learning Clinic  
on CKLU 96.7 FM

Everyone knows that this is not going to be one of the most prosperous years we've ever experienced. The truth is that we are trapped in one of the worse recessions in recent memory and just about every segment of the community is being affected in some way by the global meltdown. It may be hard for us to think positive at a time like this, but whenever I find myself drifting off into "negative-thinking mode" I take out my favourite quote by Winston Churchill as he explained the difference between a pessimist and an optimist. He said, "A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

While it is true that we may be living in a particularly challenging time, consider how the following story demonstrates that there are always two ways of looking at any given situation – even if that situation appears on the surface as if things couldn't get any worse.

As the story goes, a shoe

company sent two representatives to a remote island in the tropics where people don't wear shoes. Now imagine yourself working for a company that sells shoes and how you would feel if you were sent to an island where people don't wear shoes.

One of the reps called the boss the day he arrived on the island and said, "Boss, I need to come home. People don't wear shoes here".

The other rep also called the boss the day he arrived and said, "Boss, send the entire warehouse. I need to stay for one more month. People don't wear shoes here."

Both reps arrived on the island at the same time and both witnessed the exact same conditions. However, one of them saw a tremendous opportunity to make sales because none of the potential customers were wearing shoes. He took that position that since not a single person was wearing shoes, they were all potential customers in that they could all use shoes. That was the optimistic point of view and he was very excited about the prospects.

The other rep, on the other hand, took the pessimistic point of view and concluded that the situation was futile. He

assumed that since none of the people were wearing shoes at the time, there wasn't any sense in even trying to sell them shoes. Which of the two reps best describes how you view adversity and challenges?

And so, today, we find ourselves in the middle of what experts are calling a global downturn in the economy. International companies are shedding jobs and closing stores all over the world. Consumers have cut back on spending to try to avoid going further into debt and this change in spending habits is simply making the situation worse for retail companies and manufacturers. It is getting so bad that many people are refusing to watch the news or read daily papers because all they hear is more doom and gloom.

Despite the problems that we are facing, there are tremen-

dous opportunities at hand as well. If you are forced to cut back on your expenditures, look at it as an excellent opportunity to spend more time walking with your family members or hiking in the woods. It may be an opportunity for you to adopt a healthier lifestyle by improving your diet and exercise habits. If you find yourself out of work look at it as an opportunity to change careers and get into something that will be more satisfying and rewarding in the long run.

As you get older you realize that no matter how hard we try to protect ourselves, life is going to throw us all some pretty serious challenges from time to time. The true test is how we react to these challenges and how we approach each difficulty as an opportunity for growth. We must all remember how

important it is to never give up and never despair. Things will get better and we tend to become stronger persons for the experience. Remember the words of Winston Churchill. "An optimist sees the opportunity in every difficulty." Life is much easier to take if you adopt the optimistic approach.

So the next time you feel the world caving in on you, don't look at things negatively. Just picture the two shoe salespersons on that island looking at all of those people walking around in bare feet. You can either give up and go home or you can look at all of those bare feet and get excited about the prospects of selling them shoes. Just keep your eyes open and be ready to jump on the next opportunity that comes along.

Have a good week!



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# The Sudbury Soils Study: Further Exclusions

Allan Montgomery  
Lambda Contributor

This last portion of the Sudbury Soils Study is the final chapter, or the last nail in the coffin, if you prefer, and now that it's over, I can't help thinking that we've been had. Vale/INCO and Xstrata have made billions of dollars in the course of their operations, and we've always had to pay out of the public purse to determine whether or not our health or environment was being damaged. This time around things were supposed to be different. The mining companies were going to pay for a comprehensive study out of their own pockets to determine the risk to human health and our environment. It was supposed to be an inclusive study, but the exclusions started from the outset.

The Human Health Risk Assessment (HHRA) began by excluding all union members, past or present, and even non-union members of the work force who happened to have passed through the gates of any mining or smelting facility. Once you do that, any health effects are the concern of the Ministry of Labour, thanks to legislation passed by the Harris regime in the 90's. Then, members of the general public were also excluded, and the only people that were included in the final analysis by the HHRA, were children born after 2005. This process managed to produce a risk assessment that excluded almost 100% of the population, and it produced a final result that predictably showed there to be little risk from smelter emissions. The question of responsibility for past pollution and/or compensation for any sickness attributed to said pollution was verboten, based on the parameters of the study. Deep in the 1000+ pages of the HHRA is a sentence that answers the question of why the risk assessment proceeded by exclusion: "It is important to note that the selection process behind the choice of most of these input parameters is largely based on policy, not science." (Vol II, Ch. 5, p 5-41) Up until I read that, I'd only suspected. The Study proceeded into its next phase, the Ecological Risk Assessment, or ERA.

This, I thought, would be some objective science. We've learned an awful lot about how to regreen the land that has been devastated by the mining

companies' pursuit of their billion dollar profits. The costs and implications of doing what's right for the environment are much less costly and have nowhere near the legal implications of health effects. The framework for the risk assessment was released on March 18th, but nobody even noticed this sentence, or saw the implications of the opening statement of its objective, I suppose:

"Objective 1: 'To evaluate the extent to which the chemicals of concern (metals from emissions) are preventing the recovery of regionally representative, self-sustaining terrestrial plant communities'" (Ecological Risk Management Framework for Greater Sudbury, p 9) You have to be careful how you read and interpret these things, and I thought I learned my lesson from the HHRA. I managed to glean from the depths of this study that the ERA is only going to address the effects caused by one kind of pollution, stack emissions. If there's any kind of pollution that can be attributed to any other cause, even other forms of mineral extraction, and the lakes in question are to be exempted and excluded from further environmental study "For example, those lakes that receive industrial or municipal effluents, including sewage and direct releases of mine tailings, should be exempted." (Vol III, Ch. 5, p 5-74)

I didn't see the ERA until 2 hours before it was released. Nobody was allowed to, although many protested. At over 1,000 pages, it's hard to get a handle on what it's saying generally, let alone specifically; however, I did manage to notice that there was a list of lakes that the mining companies felt should be exempted from further study. Vale/INCO and Xstrata are of the belief that certain lakes should be excluded from any further study on their part, due to the input of pollution from sources other than smokestack emissions. Some of these water bodies are: Junction Creek, Kelly Lake, Whitewater Lake, Long Lake, Whitson Lake, Vermillion Lake, Larder Lake, and "those found within Killarney Provincial Park and those northeast of Lake Wahapitae." (Vol III, Ch.5, p 5-41) And then to take the shock value off of that, there's this: "While it is not recommended that these lakes be excluded from further consid-

eration, it is recommended that this influence be recognized should these lakes be selected." (Ibid) As you proceed with this ERA, however, it becomes clearer what the mining companies really want to say.

Consider Table 5.17, with the unambiguous title: Rationale for Excluding Lakes From an ERA". Larder Lake: "direct input of liquid effluent from mine tailings and other mine-related wastes" Long Lake: "From 1909 to 1916, the Long Lake Gold Mine operated on the Lake. Vermillion Lake: "A tributary of the Vermillion River receives mining effluents form an ore-processing area." Whitewater Lake: "Effluent from tailings dam." Whitson Lake: "Direct input of liquid effluent from mine tailings and other mine-related wastes." All this nonsense is the result of the parameters being established as assessing the risk from smokestack emissions only. I certainly didn't see that one

coming, and I doubt that anyone thought the mining companies had the audacity to even try something like that.

As I mentioned earlier, it's hard to get a handle on what is or isn't in the ERA, due to its size, and the fact that nobody was allowed to see it. Here's how it works to the advantage of someone who would prefer to be evasive about the truth of its contents. It was asked of the presenters if the matter of a soil's metal content vs. bioavailability was addressed by the ERA, and the short answer was yes. The question addressed the matter of what fraction of toxic metals plants can actually absorb from the soils they're in. It has implications for the future success of the re-greening efforts in the area, as plants are believed essential in the clean-up of our soils. The truth of the matter is that the study looked at this matter, concluded that it was a very complicated matter, and ended the discussion by saying: "Further analyses, which

are outside the scope of this study are required to quantify this effect." (Vol.III, Ch. 3 p3-196) Does this qualify as having addressed such a crucial matter?

Public discussion with the authors of this report, is now over, until May 12th. After realizing what the ERA actually says, I can't decide whether the companies wasted \$17 million, or if they got exactly what they wanted, and paid for. I guess that's up to us, and how we react to it.

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2. Wren, C. et al., The Sudbury Soils Report Vol II, 2008
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## President's Essay Competitions: three students are honoured

The winners of the 2009 President's Essay Competitions were announced and celebrated today in the Brenda Wallace reading room at Laurentian University.

This year, French, English and International students were able to choose from one of the three following topics: 1. Environment, economics and ethics. Are they compatible?; 2. Globalization versus local identity: can both concepts coexist or are they incompatible?; 3. To what extent is a high school education successful in preparing students for their future?

\$2,500 is awarded as a first-place prize and \$1,000 as a second-place prize. The prizes for the English and French competitions are funded by the Sudbury District Boys' Home Charitable Trust. The International students' essay competition is funded through the Office of the President.

The 2009 President's Essay Competitions winners are:

English language competition

Second prize:

Sage Hyden, second-year English and history student (Laurentian@Georgian)

The Intertwining Relationship between Ethics, the Environment and the Economy

French language competition

First prize:

Angèle Clément, fourth-year French Studies student

Regard sur la mondialisation au Canada : affirmation ou disparition des identités locales ?

International students' competition

Second prize

Silver Ekpenyong, second-year psychology student

The Need for Globalization and Local Identity to Coexist

All winning essays are available at the J.N. Desmarais Library.

For more information on the President's Essay Competitions, please contact the Office of the President at Laurentian University, at (705) 675-1151, ext. 3410.

## Study looks at how profs cope

Jake Miller  
The Lance (University of Windsor)

While student anxiety is a commonplace in post-secondary education, professors feel the burn too.

Christin Moeller, a graduate psychology student at the University of Windsor, is examining stress experienced by professors.

"An abundance of research projects indicate that academic work stress has become a significant concern to both universities and faculty alike," said Moeller.

"Numerous ill-effects, such as decreased job satisfaction, diminished productivity, higher turnover intent, and various

health problems have been reported as issues related to stress."

Moeller's ambitious study is under the supervision of Greg Chung-Yan.

"Given that professorships are structured differently from many other jobs, [it is interesting to find] out how colleagues cope with unique challenges in their job," said Chung-Yan.

Moeller says it is imperative to remember that professors are positioned in the dual role of being the educator and constantly furthering their education through personal research.

The idealized image of a professorship is often one where holding tenure is assumed, pay is more than substantial, and work hours are flexible. However, in

many cases, the opposite may be true.

"Work overload, insufficient recognition, and inability to keep up with developments in one's own field are frequently mentioned challenges by university professors," said Moeller.

The fast pace of academic life, where personal deadlines take top priority, make it easy to overlook the obligations professors must honour – not only to students, but to family and faculty.

The potentially broad scope of this study is likely to yield fruitful results in discovering the origins of stress within university faculties. By knowing the root of the dilemma, steps to reduce stress can be taken.

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# So Long, and Thanks For All The Fish

Okay, so I like Douglas Adams



Jacqueline Miller  
Arts & Entertainment Editor

Hello to all you loyal Lambda readers. As the year draws to a close and we immerse ourselves in textbooks that have yet to be opened and barricade ourselves in study rooms, I would just like to take a moment to thank you all for reading this year. I have had random people come up to me and tell me that they enjoyed an article I wrote, and I have to say I really appreciate everyone who read what I had to say. I have had some truly awesome adventures in the name of journalism and wish that they could go on longer. I hope that you have had the courage to venture out to some of the event around campus, and have enjoyed what you have seen.

I know I look forward to spending the better part of my summer exploring new events out and about, and hopefully you will take the time to do the same. Local artists put on

some of the best shows you will ever see, be it music, drama, art or dance. They love having audiences, so go out there and fill some seats.

I also want to thank all of the readers who let me know about events or offered up story ideas. I appreciate that and thank you for thinking of me when you heard about events, I hope that I did them justice.

I don't know if I will have the time to write for the paper next year, so treat the new editor as well as you have treated me! I will still be going out to events next year so if you see me around don't be shy, say hi.

I also want to congratulate the Laurentian Concert Band, who recently won gold at the Annual Northern Ontario Music Festival! Congratulations to you all.

Also, if you haven't seen The Hitchhiker's Guide to the Galaxy, you have to go see it (then you will understand the title of this article).

I leave you with these words and hope that you have a fun filled summer: Dream big, love life, and be brave.

## Theatre Lovers Can Still Get Their Fix

Workshops and Collaboratives Open To All

Jacqueline Miller  
Arts & Entertainment Editor

Although Thorneloe only has two main-stage productions each year, theatre lovers can still get their fix as students perform their workshops at the end of the year. For Acting I and Acting II, working on the workshops is how the students spend the majority of their second semester. The amount of time that becomes dedicated to these workshops both inside and outside of class is much greater than anyone would think. They are workshops, which mean that they are still works in progress, but it is a chance for the students to showcase what they have learned throughout the year and for family and friends to be able to see what they have been working on.

This year the Acting II class did "Blood Wedding" for their workshop, which follows the story of a young Bridegroom, his Bride-to-be, and her ex-lover. It was a very interesting piece, and it was stated in the director's note that it was based upon a real story the playwright had seen in a newspaper. As one could guess from the title, it had a fairly gruesome ending. It was interesting to see how all of the characters intertwined, as the connections were slowly revealed throughout the play, and you slowly discovered all of the history there. In addition, the two main characters did not actually have names; they were simply referred to as the Bride and the Bridegroom. It added an element of inclusiveness, because they could have been talking about anyone, anywhere.

One of the interesting aspects of the play was that it contained a lot of singing. It was worked into the story well, having the characters sing lullabies to babies and having them sing before the wedding and at the wedding. It was a nice touch to have that in the play, as it was fairly light-hearted music which helped to offset the heaviness of the play. The music did contribute to the mood of the play, and even though it wasn't serious it did sometimes cause situations to become serious as what the actors were saying contrasted with the music. The set used was very minimalist, and many pieces, such as the tables, were reused for different sets and simply covered with a new cloth to give it the illusion of being a new piece. The play had an element of suspense throughout it, as you waited to find out how people were connected and started connecting all the little clues hidden in

the dialogue. There was also a lot of suspense seen in the ending of the play, as you hear things going on offstage but don't yet know what has happened.

The Acting I class (which I happen to be a part of) did a stage version of a radio play called "Under Milk Wood" which follows the day in the life of small, imaginary fishing town in Wales. It was an ensemble piece, meaning that we depended a lot on each other in every scene, either as extras or creating backgrounds and scenery. The set was created using blocks, sheets, and newspapers for the most part, and was changed very quickly between scenes to create a variety of different places within the town. The play also has about 60 characters, so many of the actors had double or triple characters they had to portray.

It was a light-hearted play that dealt with the day-to-day struggles of this little town, but as a whole was humorous and gave the audience a glimpse into moments of the lives of the people in the town. You got to know the characters quite well, and see how they interacted with other people in the town and how everyone was connected. There were three narrators who explained a lot about the connections between the people of the town, and let the audience in on their secrets, providing a lot of laughs for the audience.

"Under Milk Wood" also contained several musical elements, from instrumental underscoring of certain scenes to children singing and lost loves reuniting through songs. Some of the music was written by students in the show, while some had pre-existing tunes that we were able to find and learn.

The Introduction to Theatre History classes also have collaboratives that they write, direct, and perform in, that are generally open to the public. They cover a wide variety of topics and genres, and are a great opportunity for the students to show off what they have learned throughout the year. While the workshops from Acting I and Acting II are full length shows, the collaboratives from the Intro classes are usually about 15-20 minutes, so you get to experience more actors and shows at one time.

Though all of these shows have passed this year, make sure that you go and check them out next year if you get the chance, because all of the students work really hard on them and it is great to have an outside audience to see our final productions. Keep your eyes open for posters next year and hope to see you in the audience.

### IF YOU CAN'T STAND THE HEAT...



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## Pushing 7 CD Release Their Last Laurentian Appearance

**Jacqueline Miller**

Arts & Entertainment Editor

Pushing 7 has made quite the impression at Laurentian this year. They won LUL's Got Talent, opened for Tony Lee, and have performed at many other venues around campus. They performed at the pub on April 2nd to promote the release of their Greatest Hits CD, including five original songs and a cover of Peggy Lee's "Fever".

They came onstage at around 10pm, and played a huge variety of songs, including the original songs found on their CD and many of their covers. Travis Green, vocalist and guitar player, introduced all the members of the band during a break. The band has grown to contain 10 members, all of whom play a variety of instruments, some which you would not expect to see in a band. Sean Mullen plays the double bass and the accordion, Ashley Strange

plays the saxophone and Andrew Walsh plays the djembe.

Although you wouldn't necessarily expect to see these instruments in a band, after listening to Pushing 7, you start to wonder why no one thought of it sooner. Yes, sometimes these instruments are used in background tracks, but Pushing 7 has incorporated them into all of the songs.

While listening to them perform with a friend of mine at the pub, we couldn't stop commenting about how all of a sudden you would hear the saxophone for a split second, completely clearly, or how all of the instruments provided that little something extra to the song. You may not be able to hear one instrument specifically at any given time, but you can tell when they aren't being used at all, and every one plays its part.

One of my favourite things about the CD, and Pushing 7, is that they have created so many of their own songs. Some have vocals while

some are just instrumentals, but when you think about how hard it can be for a solo artist, or even a band of only three members, to create a song, it is somewhat mind-boggling that not only have they created five original tracks, but how well they all flow together and take advantage of each member's strong points and comes together in a fantastic collaboration.

They had several volunteers selling CDs at a table just off to the side of the stage, and many people in the audience were bopping around to the music, including several brave individuals who actually went up to the front of the stage and danced along. I think they may have even done the can-can.

Pushing 7 put on a great show, as always, and were highly entertaining not only with song choices but during their interaction with the audience between songs (usually to give members more time to switch instruments).

I am so glad that Pushing 7

was able to record a CD, as I enjoy their music and a few of the members will not be returning next year, so it may be a while before we are able to see all of them perform

together again. Until then, we will have to satisfy ourselves with their Greatest Hits.



Pushing 7 is: Laura Bronson (Vocals), Jeremy Burton (Drums/Percussion), Warren Carmichael (Guitar), Harris Daniel (Vocals), Travis Green (Vocals/Guitar), Brendan Lehman (Bass Guitar), Sean Mullen (Double Bass/Vocals/Accordion), Ashley Strange (Saxophone/Vocals), Andrew Walsh (Djembe/Percussion), and Dan Westenenk (Guitar/Vocals).

## Attention!

The following positions are available for the 2009-10 publication year for LAMBDA society:

### Assistant Editor (2 year commitment)

-First year will train under the Editor in Chief and the following year will take on the role as Editor in Chief



**Arts & Entertainment Editor**

**Science & Technology Editor**

**News Writers**



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If you are interested send your resume or a letter of interest to [lambda@laurentian.ca](mailto:lambda@laurentian.ca).

**Do it! You know you want to.**

## A Great End to Intramural COED Volleyball!

**Elizabeth-Ann Silverthorn**  
Intramural Volleyball Convenor

The Intramural COED Volleyball Season ended with a bang thanks to all the spectators who came out to cheer on their friends and teammates at the very exciting playoff and skills competition night!

Cheetaa beat the T – Birds, 2-0 in the recreation championship games, Team Dobsom triumphed 2-0 over the Bouncers in the semi-competitive championship games, and the Dirty Birds prevailed over Che-Pas, 2-0 in the competitive championship games. All three matches were very intense and exciting games with all teams' battling until the very end.

After the championship games all the athletes competed in a skills competition to show off their vol-

leyball skills. Sean Doucette (recreational), John Atherton (semi-competitive), and Nickolas Pepin (competitive) were the three winners for both the serving and spiking competitions. Each team in the regular season picked an MVP to compete in the All Star game where pool A and pool B tied 1-1. Congratulations to Emma Tallman who was named the Most Sportsmen Like player of the All Star game!

We would like to thank our sponsors; Blockbuster, Durham Natural Foods, New York Fries, Starbucks, Tim Horton's, Skaters Edge, and Bulk Barn, for their amazing donations that help make this COED Intramural Volleyball season a success! Come on out again next year and enjoy some more fun and exciting Intramural Volleyball!

## LADY VEE COMPLETES CAREER WITH STRONG FINISH AT CIS CHAMPIONSHIPS

Lady Vees indoor track runner Madeleine Woods looked to add one last pinnacle to her career. Woods' time of 1:36.79 in the 600-metre pitted her fifth in her heat, and 10th overall last night. Unfortunately, she failed to advance to the finals at the CIS Championships.

Woods (Sudbury, Ont.) ran an excellent tactical race in a heat in which she was pitted against the second and third-ranked runners in the CIS. On the cut-in, Woods put herself in perfect position on the outside shoulder of the lead runner. She remained there until the back-straight of the second lap, and then surged into the lead when she felt the pace began to slow, leading the race until the start of the 3rd and final lap. Unfortunately, she couldn't hold

the lead and faded down the final back-straight, finishing fifth in her heat.

"I initially felt great and knew I'd run very well tactically for the first two laps, but when I tried to kick it into fifth gear at the end, it just wasn't there," said Woods.

"Madeleine wouldn't say anything about it," said coach Darren Jermyn, "but she's been sick and on antibiotics this week. She did everything perfectly in this race, but her body just let her down on the final lap."

This marks the end of Woods' CIS career, but she plans to continue with Athletics Canada competitions as an open 800m runner. She now shifts her focus to the Canadian Track and Field Championships in late June.

## Intramural Sports have Wrapped up for Another Amazing Year!

**Ainsley Farr**  
Intramural Administrative Assistant.

As the 2008/2009 Intramural Sports season is coming to an end, the Intramural Sports Program would like to reflect on how successful this year has been. We had over 1700 students participate in sixteen Intramural leagues and events over 6 months of school! This year's season included an abundance of smiles, laughs, entertaining special event nights, great prizes, as well as fun, and competitive play.

All this success is owed to our outstanding sport specific convenors! We had 30 convenors organize and lead all the Intramural Sport events throughout the year. They have put countless hours and effort into making our program the best it can be. Without their enthusiastic contributions this year none of our success would be possible. Convenors thank you for your phenomenal contribution!

Another group of individuals who have helped our program accomplish such success is our Intramural Officials. Thank you to all our

Scorers, Timers, and Referees who have helped ensure that all our events run smoothly each night. Your dedication is much appreciated by all the participants, convenors, and the program. Also a much deserved thank you goes out to the Residence Sport Representatives who have helped publicize all the Intramurals throughout the year and register their respected team!

The Intramural Sports Program is currently looking for Scorers, Timers, and Referees for next year's season of Intramurals. Working as an Intramural Sport official is a great way to make extra money during the school year, add to your resume and have fun too! Intramural Sport officials have flexible hours that are fitted around class/study schedule and a positioned conveniently on campus. If you are interested in applying for a position or inquiring about more information please contact the Department of Active Living or send your cover letter and resume to Mr. Ron Larwood at [Rlarwood@laurentian.ca](mailto:Rlarwood@laurentian.ca).

Thanks again for the outstanding year everyone and we look forward to further success in the future!

## HUSKIES BITE TOO MUCH FOR LADY VEES AT CIS CURLING CHAMPIONSHIPS, LAURENTIAN CLAIMS BRONZE

The Laurentian Lady Vees run at the CIS curling championships in Montreal came to an end Sunday morning after suffering a heartbreaking loss to the St. Mary's Huskies in the semi-final. The Huskies prevailed 6-5 in an extra end to advance to the gold medal game, and forcing the Lady Vees to settle for bronze.

In a game that Laurentian seemingly had momentum heading into the final ends, the Huskies were able to claw their way back and eventually triumphed. The first half of the game was played very open with hits being exchanged. Following a steal of one in the first end by the Lady Vees, the Huskies blanked the next two, and were forced to a draw for one in the fourth. Laurentian had a chance for two in the fifth, however would settle for a single point when Amanda Gates' (Sudbury, Ont.) final draw wrecked on a guard. The Lady Vees stole a point in each of the sixth and following a fantastic hit and roll by Gates in the seventh. The eighth saw the Huskies turn the tables, and grab a deuce. In end number nine a tricky draw for the second point by Gates narrowly missed and Laurentian grabbed just a single, taking a 5-3 lead into the final frame. Following a combination of great shots by St.

Mary's and almost shots by Laurentian, Gates again made a great hit and roll to save the end and force the Huskies into a draw for their two and an extra end. In the extra end, a beautiful freeze by the Huskies to a Laurentian rock on the button, left Gates with a near impossible angle raise. The shot was missed by just a fraction, giving the Huskies a single, a spot in Sunday afternoon's final, and the Lady Vees a bronze medal.

"We gave it all we had," said Jan Pula, Lady Vees head coach. "For a first year varsity program I think we did real well and I'm so proud of these girls."

With the loss, and bronze medal, the year of Laurentian athletics year comes to a close. Lady Vees' Amanda Gates, and Kim Curtin (Lindsay, Ont.) were named second team all-Canadians at the players banquet on Saturday night. Stay tuned to [www.luvoyageurs.com](http://www.luvoyageurs.com) for more information about this and other Voyageur and Lady Vees accomplishments.





Mustafa  
Abdulhusein  
Science &  
Tech Editor

## The Science of Stress

Well Laurentian, here it is. The final article. Not that I want to make a big deal about it. Well, ok, maybe just a slightly big deal. Good news though, I've shed my tears already.

Seriously now – down to business. Exams have started! Not just any exams, but finals. If you're planning on graduating this year, there is added anxiety to these particular set of examinations. They may indeed be the final exams that you write in Gymnasium B of the Ben Avery Physical Education Center. At least – that's the plan. The prospect of failing a final exam doesn't enter the realm of possibility for the majority of Laurentian students. If it does enter the realm, then disregard the previous sentence. No worries though – for you, there's always the fall term.

Even after weeks (or, in most cases, days) of studying, many students undoubtedly feel a great amount of anxiety the night before their exam. That's what I wanted to address in this, the final issue of the Science and Technology column for the academic year. The science of stress – what happens to your body before an exam or under greater than usual amounts of stress, and how the experts suggest dealing with it. Ironically, I'm writing this article past the deadline, and suddenly, it's inadvertently becoming much more pertinent than I had originally anticipated.

Imagine this scenario. On the eve of the final exam for the toughest course you are currently enrolled in, you realize that you still have 3 more chapters to review and that watching the 'View' that morning maybe wasn't the brightest course of action. Oh boy.

Before turning to the energy drinks or caffeine substitutes, consider this. Your heart rate (the number of times that your heart beats per minute) is increasing – dramatically – taking your blood pressure with it. As a result, more blood and thus, more oxygen is being pumped to your entire body. You might notice a slight shortness of breath, or a feeling of being overwhelmed. Just hang on. It's starting to get good. The increased amount of oxygen in your system is allowing you to function and concentrate to a greater degree – even into the wee hours of the night. But don't be fooled. Oxygen isn't the only thing that your blood is carrying around, not even by a long stretch.

Hormones. That one little 'H' word that has huge repercussions to our daily existence. Under higher stress conditions, the sympathetic nervous system (responsible for the well known 'fight' or 'flight' reflexes) is activated. Among many other effects, this portion of the nervous system activates the adrenal glands. Without getting into too much of the complexities, each neuron or nerve cell is separated by a microscopic space called a synapse. Here, the hormones

are released and will act in either an inhibitory, or as is the case with adrenaline, in an excitatory manner. The hypothalamic-pituitary-adrenal axis (HPA), a major part of the neuroendocrine system involving the interactions of the hypothalamus, the pituitary gland, and the adrenal glands, is also activated in this chain of events.

This hypothalamic activation results in the release of adrenocorticotropic hormone (ACTH) from the pituitary gland into the bloodstream, causing the secretion of cortisol and other glucocorticoids from the adrenal cortex. These corticoids cause the whole body to respond to the stressor. Ultimately, these hormones have an inhibitory feedback mechanism, which terminates the response. [http://en.wikipedia.org/wiki/Stress\\_\(biological\)\\_cite\\_note-tsigos-9](http://en.wikipedia.org/wiki/Stress_(biological)_cite_note-tsigos-9)

All these processes can have long-term effects. In fact, chronic stress has been shown to impair developmental growth in children by lowering the pituitary gland's production of growth hormone (GH). This is seen in children associated with a home that has serious marital discord, alcoholism, or child abuse.

By this point, your brain is already working over time – what with trying to process all the information you're cramming into it, co-ordinating the amounts of adrenaline and numerous other hormones in your blood so you don't go into shock, and at the same time (among many important factors I haven't learned

about) regulating your heart-beat so that you don't enter a state of tachycardia or bradycardia.

As you can imagine, these stresses and changes on one's body creates effects on a variety of body systems, perhaps most noticeably on the digestive system. In fact, the autonomic nervous system enacts cardiovascular, respiratory, gastrointestinal, renal, and endocrine changes.

We're all well versed in the effects of stress. But what is one to do about it?

There's no easy way to answer that. I just set myself up for that to throw in "There's no easy way to answer that". Now that that's behind us, the amount of stress you feel and how you deal with it really depends on the individual. Factors such as your year of study, how important your academic career is to you, and whether or not you naturally get stressed all play an important part.

After doing some research on the topic of stress and how to deal with, here's what I've distilled for your reading pleasure. In general, managing stress for the university environment can be summed up into one word: organization. Another helpful hint is to look at school as a business and when businesses need help, they seek it. If you need help with a subject, don't be afraid to find a tutor. Teachers and professors may offer limited help, but are more likely to be a resource to assist you in finding either extra materials or a tutor.

Cramming is a great way to become cramped! It's a necessary evil sometimes, but you can avoid physical aches and pains as well as creative blocks by taking a five-minute break after each hour of study.

According to [Stressmanagementtips.com](http://Stressmanagementtips.com) (with a name like that, it has to be good), these are some common tips that university students may find useful:

1. Find out as much as you can about the exam. Take advantage of any practice tests.
  2. Study for the type of test. Multiple choice exams usually are fact, formula, and data infused. Essay tests usually require you to have a handle on the subject and possibly go into detail on a topic or two.
  3. Know where you're going. Don't take it for granted that your exam will be given in the "usual" place. Many tests and exams are given in large, possibly off-campus facilities. Make sure you know the location, down to the room number!
  4. Get organized the night before. Load up your bag or briefcase with everything you think you'll need, including aspirin, a snack, water, calculator, eyeglasses... Well, you know what you need!
  5. Eat before the exam. There may not be the time or opportunity to eat a snack during it. Aside from making you feel tired, an empty stomach can also make you anxious and shaky.
  6. Dress for success. Whether you run hot or cold, the room may be out of your comfort zone. Wear a light layer of clothing next to your skin and a comfortable sweater or jacket that you can shed if unnecessary.
- Well Laurentian, that does it for me. I hope you have enjoyed my articles, and have at least found some of them pertinent!

Remember, as Mark Twain once remarked, "Kindness is the language which the deaf can hear and the blind can see". Stay classy Laurentian.



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# QUANTUM DOTS

## Dinochickens and the Demise of Grad Students

Mary Thompson, Roddy Purzner, Matt Strickland  
Lambda Contributors

It's been an exciting year for science and engineering and we here at Quantum Dots are happy we could bring some of the highlights to your attention. There's far too many discoveries being made for any one person to handle and that's why we strive to distill the best and most interesting stories into this column. Enjoy!

### Jurassic-Style Chicken Wings?

Just about every kid learns that dinosaurs went extinct millions of years ago. Jurassic Park was cool, but there's no way dinosaurs could ever walk the Earth again. Or, could they? Well, scientists at Montana State University are working on reversing evolution: they are attempting to recreate a dinosaur from a chicken embryo. Since birds are descendents of dinosaurs, the researchers say they are simply manipulating a few

genes to re-express dinosaur-like traits that have been suppressed in birds for millions of years. By changing the expression of regulatory proteins in the chick embryo, the scientists are hoping to get dinosaurian traits such as a tail, teeth, and forearms. The team chose chickens because their genome has already been mapped and the species exhaustively studied. This may sound like a mad scientist's experiment that could end terribly with a rogue Chickenosaurus or Dinochicken wreaking havoc in downtown Helena, but rest assured that preventative measures are being taken. The researchers reassuringly claim that Chickenosaurus will be genetically identical to our everyday chickens so if interbreeding were to occur, only cute little chicks would be produced.

**Grad Students Threatened**  
Scientists are working hard at putting themselves out of the job. Soon repetitive jobs in the research lab could be given to robot scientists that are perfectly capable of making

hypotheses and designing and testing their own experiments. Researchers have made a robo-scientist which is credited with the first independent scientific discovery by a machine. Adam, the robot, was designed to carry out each stage of an experiment without further input from its human designers. The designers gave the robot—which looks a lot more like an automated biochemistry lab than WALL-E—a freezer with thousands of mutant yeast strains and all the enzymes and chemicals it needed to grow and modify the bugs. Adam discovered new, albeit simple, information about the genome of baker's yeast. The discovery may have been simple, but scientists in the field agree that the result—even if it had been obtained from some overworked grad student—is certainly publishable. Robot scientists could be useful in projects that require many detailed observations. Adam can record the experiment more accurately and faster than a lowly human scientist. The robot's makers

hope that it will increase the efficiency and speed of scientific discoveries, helping scientists find treatments and answers faster than conventional, human paced methods. And if you're doing your masters in biochemistry, don't get too depressed at the fact that robots will soon put you out of the job. For now, we'll still need humans to do some of the creative, high-level work. For now...

### Virus-built Battery

It is widely touted that the world needs to change its energy consumption habits. Although there is a global initiative to embrace new solar, wind, and nuclear technologies, the automotive industry still relies on good ol' fashion gasoline to power its cars. Despite increased production of new gas-electric hybrids and electric cars in recent years, a lot of work still needs to be done. The lithium-ion batteries in these cars are expensive to replace every few years and are very toxic to the environment when they are disposed of. So what's the solution?

A research team at MIT has recently used genetic engineering to develop a virus which can synthesize the components of lithium-ion batteries entirely on its own. Standard batteries generate power by making use of a previously established electron gradient. When you turn on your MP3 player, this gradient is used to run electrons from an area of high concentration in the battery, through the machine, to an area of low concentration also in the battery. The engineered DNA in these viruses directs them to bind specific materials and coat themselves in certain compounds, essentially self-assembling the battery. This method provides a quick and inexpensive way to produce the anodes and cathodes for these batteries. With this technology busting onto the scene, fast and cheap production of batteries will certainly make electric cars more affordable and powerful.



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**Courses will start on May 4, 2009. The recommended last day to register is April 9, 2009.**

For a full listing of courses, please visit <http://cce.laurentian.ca>.

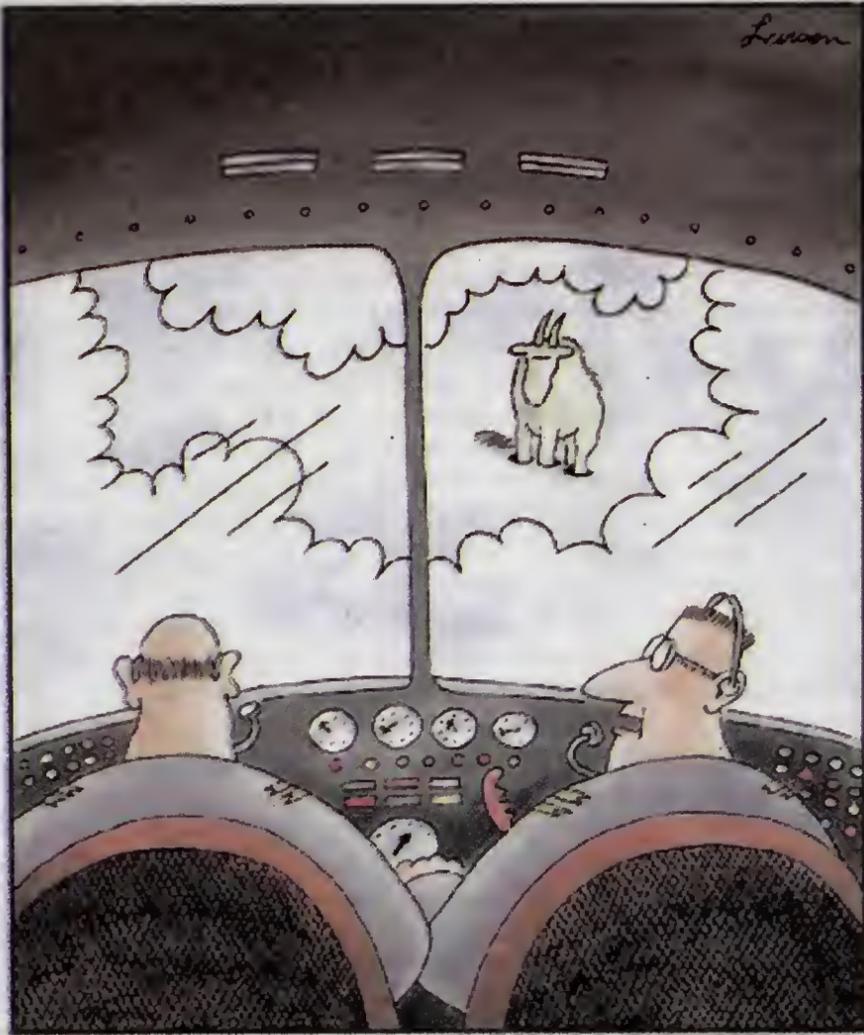
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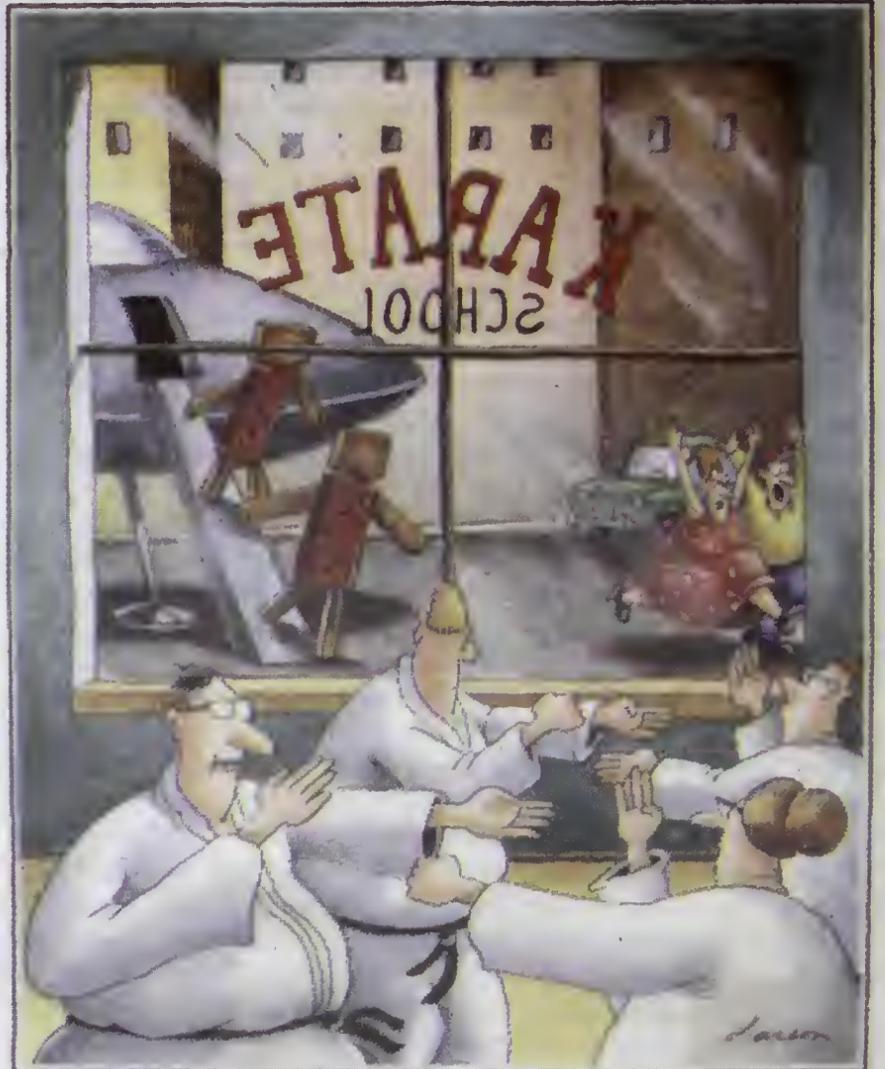
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Shane Scott-Travis  
Nexus

## Comics entertain, educate, and subvert

Out of the scarred and barren earth of the Dust Bowl of 1930s America came a unique and decidedly different type of art form – the comic book.

Depression-born and distinctly American – though later Britain and Japan would muscle in on the scene – comic books have often been regarded as absurd escapism, but they've been a part of our social strata for close to a century.

Many attest that comic books, often now referred to as graphic novels, are socially relevant artifacts. There's a vibrant culture built around them, and a fan base growing stronger all the time.

"Well, the great artwork has always had its appeal," said Mike Rooth, a comic book illustrator currently working for Rubicon Publishing.

Based out of Oakville, Ontario, Rooth creates graphic novels and mini-comics for the educational market. He's been collecting comics since he was 10 years old.

"I guess I'm a big kid at heart, because I still love comics, but more so these days for the great storytelling," said Rooth.

Pia Guerra, co-creator of DC Comics' award-winning series *Y: The Last Man*, has also held a fascination with comics since her early childhood.

"I've been reading them since I was 10," enthused Guerra. "My cousin left an issue of *X-Men* at our house and I was hooked."

Victoria, B.C. comic book scribe and illustrator Gareth Gaudin has been subverting the masses with his *Magic Teeth Dailies* since 1993. Gaudin also began collecting comics as a youngster.

"I bought my first comic in October 1978; it was *Godzilla #17* by Herb Farm," he said.

Gaudin speaks with great reverence of the sensory experience of comic books.

"I love covers; they are the most important part of the book," said Gaudin. "I also like the old pulp paper they used to use. I love the smell of them; they give me such a great feeling."

Nostalgia certainly plays a part in what makes comics so appealing to fans and creators, but comics have also moved with the times and become far-reaching.

"I love what you can do with the medium," said Guerra.

"Storytelling is all about creating a reality; if that created reality can help visualize a better actual reality, then it can help change preset attitudes, misconceptions, and ignorance."

Gaudin agrees, particularly when considering comics outside of the mainstream.

"With underground comics, there are no censors," said Gaudin. "It is just the artist directly relating to the audience, which doesn't happen in too many mediums."

Rooth feels comics can draw strength from their appeal to a general audience.

"[Comics] can cover limitless topics and appeal to pretty well every social group, so there's a little something for everyone," reflected Rooth. "The thrust of my work, for example, tackles the very real and pressing problem of illiteracy."

Guerra's biggest success to date, *Y: The Last Man*, will soon be making the leap to the silver screen, but while movies can be an exciting medium, she doesn't feel it's an

absolute improvement over the comic book experience.

"Comics work in a very different system from movies," says Guerra. "Film is great, but even with all the special effects in the world, there are still limits to what you can do; limits that comics don't have."

The recent rush of Hollywood films based off of popular comics is a trend no one in the industry can ignore.

"I don't mind them myself," said Guerra. "Some are very well done, some not, but in the end it brings people to the book and that's a good thing for comics."

Gaudin, who also owns *Legends*, one of Victoria, B.C.'s finest comic book shops, notes these movies benefit comic book sales.

"When a movie comes out like *Batman* or *Spider-Man*, there has never been a spike in sales like you'd expect; but with *Hellboy* or *Sin City* – the ones nobody knows about – they sell through the roof."

Rooth feels a sense of childlike glee about the recent glut of comic book film adaptations hitting the box office.

"Personally, I think this is a great time to be alive," roars Rooth. "We've been battered by a tsunami of comic book movies for nearly a decade now, and it's great to see." The recent blockbuster *Watchmen* has many sharing in Rooth's justifiable joy.

"*Watchmen* is in the collective unconscious," said Gaudin. "I can't wait to see it in IMAX; *Dr. Manhattan's* 15-foot blue penis ... no wonder it's restricted."

Grins and guffaws aside, the abilities of comic books to entertain, educate, and subvert aren't just

avant-garde.

They possess a unique communicative character, blending words with pictures in ways unable to be expressed in any other art form. And that alone makes them a valuable commodity worthy of celebration and praise.

"I honestly don't know who or where I'd be if I didn't have comics in my life," said Rooth. "I feel very privileged and fulfilled to be able to play a part in making them."

His love for comics is shared by millions of enthusiasts, and the potentialities of the medium are wondrous.

"You can't change things for the better without imagining them first," Guerra said.

[Sidebar] Comic book confidential Maybe comic books can't change the entire world, but they can at least change your world. For proof, look no further than the 10 books on this list. A word of caution: Reading these books will forever alter perceptions of the medium. You've been warned.

*Fun Home: A Family Tragicomic* by Alison Bechdel

Set in a funeral home, this sexy, gothic memoir is funny, sad, and unforgettable.

*Louis Riel* by Chester Brown This biography of Riel and the Métis Rebellion should be taught in our public schools.

*Criminal* by Ed Brubaker and Sean Phillips

A compendium of crime clichés that somehow transcends the genre. *Transmetropolitan* by Warren Ellis and Darick Robertson

Ellis and Robertson are the Vladimir and Estragon of the post-cyberpunk milieu. If you don't

know what that means, you will soon enough.

*Love and Rockets* by Gilbert and Jaime Hernandez

Maggie, Hopie, and the other denizens of Palomar inhabit one of the most realized comic book cosmologies ever conceived.

*Super-F\*ckers* by James Kolchaka These crass, crime-fighting crusaders are sadistically singular and a devilish delight.

*Persepolis* by Marjane Satrapi This memoir brought Satrapi worldwide acclaim for good reason. Her history lesson, recently made into a film, is shattering and uplifting in equal measure.

*Promethea* by Alan Moore and J.H. Williams III

Your typical metaphysical psychedelic superhero book that knocks down the fourth wall so completely you have to ask, was it ever really there?

*All Star Superman* by Grant Morrison and Frank Quitely Mainstream comics will probably never be as subversive, superlative, or as well drawn as this award-winning mindfuck. And, yes, it's Superman.

*The Invisibles* by Grant Morrison Morrison cares about comics so much, he'll dissect them and elevate them to a form of art so pure nothing can touch it. It doesn't get better than this.

*Maus* by Art Spiegelman This World War II fable has the Nazis as cats, the Jews as mice, and truly showcases what only comic books can. It won a much-deserved Pulitzer Prize.